

# Physical Fitness Testing

A correctional officer must be able to respond to a variety of physically demanding activities requiring physical strength and endurance. To insure you can successfully complete the rigorous 9-week pre-service training program as well as perform your duties once you graduate from the Academy, you will be required to meet the physical fitness requirements detailed on the charts below:

## Physical Fitness Test (Entrance Requirements)

This test is administered prior to your entry into the 9-week pre-service program.

MALE					
Assessment	Age 18-19	Age 20-29	Age 30-39	Age 40-49	Age 50-59
Battery					
1 minute push-up	29	29	24	18	10
1 minute sit-up	41	38	35	29	24
300 Meter Run (min)	0:59	0:59	0:58.9	1:12	1:23.2
Sit and Reach (inches)	16.5	16.5	15.5	14.3	13.3
1.5 mile run (min)	12:29	12:29	12:53	13:50	15:14

FEMALE					
Assessment	Age 18-19	Age 20-29	Age 30-39	Age 40-49	Age 50-59
Battery					
1 minute Push-up	15	15	11	9	9
1 minute Sit-up	32	32	25	20	14
300 Meter Run (min)	1:11	1:11	1:19	1:34	1:34
Sit and Reach (inches)	20.5	19.3	18.3	17.3	16.8
1.5 mile run (min)	15:05	15:05	15:56	17:11	19:10

You must obtain a passing score in all five events. Failure in one event results in your elimination from the selection process